

# SHARECARE CHALLENGES

## APRIL 2023

As winter gives way to warmer and longer spring days, make a plan to clean up your health routine. Making healthy choices isn't always easy, but now as spring gets underway, it's time to jumpstart your warmer-weather groove. Try to limit your sugar intake and eat more fruits, vegetables, whole grains, and lean protein. Be mindful of your stress and find ways to relax. Incorporate more movement into your daily routine. Remember, even small changes can lead to big results.

### Continuing this Month...

**Spring Clean Your Routine**  
March 1, 2023 through May 31, 2023  
Goal: Earn 75 Green Days

**Spring Into Action**  
March 1, 2023 through May 31, 2023  
Goal: Walk 300K Steps

### Better Breakfast

**Track diet for 30 days**

***This challenge runs April 1-30.***

If you're not a morning person or your schedule is hectic, preparing breakfast may not be your priority. But making time to have a healthy morning meal is linked to some real health benefits, such as better blood sugar control, improved alertness, and greater overall intake of vitamins and minerals. You don't need a lot of time. Some quick options include a bowl of low-fat yogurt with some berries or whole grain toast topped with nut butter, avocado, or an egg.

### Rise and Shine

**Track sleep for 30 days**

***This challenge runs April 1-30.***

Up to 20% of the U.S. population struggles with excessive daytime sleepiness, which affects physical and mental well-being. One of the best things you can do to help boost your energy level is to prioritize good sleep hygiene. Feel more awake and alert by getting the sleep you need. Your challenge: Be sure you're getting 7 to 9 hours of quality sleep each night. Track your sleep for 30 days to monitor your progress.

### Spring Self-Care

**Track stress for 30 days**

***This challenge runs April 1-30.***

Self-care involves doing something that supports your well-being. It may make you physically healthier or stronger, like exercising, eating a healthy meal or getting at least hours of sleep. Self-care also includes anything that helps you feel happier, more relaxed, and less stressed. It can help bolster your immune system and increase your energy level. Set aside at least 10 to 15 minutes each day for self-care. Track your stress level for 30 days to monitor your mood and overall well-being.

### 5K Every Day

**Track 100K Steps**

***This challenge runs April 11-30.***

Walking has some powerful health benefits. It could not only help you maintain a healthy weight, but also help control your blood pressure, boost your mood, sharpen your memory, and reduce your risk for several chronic health issues, such as heart disease and diabetes. Even a 5-minute daily walk can help. Your challenge: Take at least 5,000 steps per day for 20 days.

### 10-Day Meditation

**Track for 10 days**

***This challenge runs April 3-12.***

Meditation can help ease stress, enhance focus, make you feel more connected, and improve your overall well-being. Anyone can meditate. It typically involves focused attention, controlled breathing, and a quiet setting with few distractions. Your Challenge: Find time to meditate at least once a day for 10 days.

- Watch a guided meditation video
- Sit quietly and focused on your breathing for at least 5 minutes

**HELLO  
SPRING**

**For more information, go to  
[mycare.sharecare.com](https://mycare.sharecare.com)  
and click the Achieve, then  
Challenges.**



